

# Llwybr Marin

<b>Gradd</b>	coch/anodd
<b>Pellter</b>	25 km
<b>Amser</b>	2 - 4 awr
<b>Dringo</b>	450 m



## Marin



<b>Dosbarth y Llwybr</b>	Coch/Anodd 
<b>Yn addas i</b>	Beicwyr mynydd medrus gyda sgiliau oddi ar y ffordd dda. Addas i feiciau mynydd oddi ar y ffordd o ansawdd da.
<b>Mathau o lwybrau a arwyneb</b>	Yn fwy serth a chaled, trac sengl gan fwyaf gydag adrannau technegol. Disgwyliwch lawer o arwynebedd amrywiol.
<b>Nodweddion graddiant a thechnegol y llwybr</b>	Fe fydd yna amrywiaeth eang o ddringfeydd a disgyniadau eithaf heriol. Disgwyliwch ddod ar draws llwybrau bordiau, ysgafellau, creigiau mawr, camau cymedrol, disgyniadau, cambrau, a chroesi dŵr.
<b>Lefel ffitrwydd awgrymiedig</b>	Lefel uwch o ffitrwydd a stamina.



Llwybr Marin yw un o'r llwybrau beicio mynydd gwreiddiol. Mae'n glasur o lwybr ac yn ffeilyn amlwg ymhlith beicwyr lleol. Gyda llethrau serth i fyny ac i lawr, trac sengl gwych a golygfa ysgubol, mae'n llwybr a fydd yn aros yn y cof.

Mae'r rhan fwyaf o'r llwybr ar i fyny yn dilyn ffyrdd a thraciau coedwig gan roi cyfle i chi weld copaon Eryri ar eu gorau, a'r llwybr ar i lawr ar hyd trac sengl braf.

Mae'r trac sengl yn amrywio o'r cul, technegol a chreigiog i drac agored a llyfn, o fforestydd tywyll i gribynau agored

The Marin Trail is one of the original mtb trails, built back in the day. It's a true classic and it's no surprise that it's so popular and held in such high regard by many local riders. Big climbs, big descents, brilliant singletrack and truly awesome scenery make this a trail to remember.


Most, but not all, of the climbs are on forest roads and tracks giving you time to take in the views of the mountains of Snowdonia, and all of the descents are on the sweetest singletrack.

The singletrack varies from very tight, technical and rocky to wonderfully open and flowing, from dark forest to exposed ridgelines.



## Marin Trail

<b>Grade</b>	red/difficult
<b>Distance</b>	25 km
<b>Time</b>	2 - 4 hours
<b>Climb</b>	450 m

<b>Bike Trail Grade</b>	Red/Difficult 
<b>Suitable for</b>	Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.
<b>Trail &amp; surface types</b>	Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.
<b>Gradients &amp; technical trail features (TTFs)</b>	A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, water crossings.
<b>Suggested fitness level</b>	Higher level of fitness and stamina.



Mewn argyfwng, yr ysbyty agosaf yw:  
 In emergency, the nearest A&E is:  
**Ysbyty Gwynedd Hospital**  
 Penrhosgarnedd, Bangor  
 LL57 2PW **01248 384384**

**Llanrwst**

Dilynwch @MTBRanger ar Twitter  
 Follow the @MTBRanger on Twitter  
 www.facebook.com/pages/  
 Marin-Trail/179852915390977

© Hawffrant a hawliau cronoddari, Corbis 2012.  
 Rhif Trwydded yr Arolwg Ordnans, 100025498  
 © Crown copyright and database right 2012.  
 Ordnance Survey Licence number 100025498



- llwybr Marin  
Marin trail
- trac sengl  
singletrack
- ffordd coedwig  
forest road
- ffordd cyhoeddus  
public road
- postyn lleoliad  
waymarker

- parcio  
parking
- gwybodaeth  
information
- toiledau  
toilets
- caffï  
café
- siop feics  
bike shop

**Y Safon Uchaf**  
 Top of the grade

Codwch lygad am arwyddion rhybudd "Y Safon Uchaf". Efallai yr hoffech chi gael golwg arnyn nhw cyn mentro.

Look out for these "Top of the grade" warning signs. You might want to inspect these features before you ride them.

**Betws y coed**